

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020 ♦ www.FrederickCountyMD.gov/aging

Yoga Class

**Yoga is an important and time-honored
method of achieving wellness.**

Where we once felt rigid, yoga makes us fluid.

Where we once felt stressed, we find peace.

Increase flexibility and lubrication of the joints, tone muscles, detoxify the body,
and massage the organs. Learn deep breathing! It's a master key to health.

Enhance your circulation and mobility! Yoga harmonizes the mind with the body
resulting in real benefits that go far beyond the physical.

Wednesdays, beginning September 10 (6 weeks)

Sign-up by Monday, September 8

9:15 -10:15 a.m.

\$45 per participant

Instructor: Kandi Austin

Tai Chi Basic & Advanced Classes

Improve Balance

Achieve Clarity & Focus of Mind

Improve Strength of Body

Gain Calmness & Lightness of Spirit

Basic

Mondays, beginning September 15 (10 weeks)

Sign-up by Wednesday, September 10

11:30 a.m.-12:30 p.m.

\$30 per participant

Instructor: Claudia Olson

Advanced (must have taken a previous class with Claudia)

Mondays, beginning September 15 (10 weeks)

Sign-up by Wednesday, September 10

1:00-2:00 p.m.

\$40 per participant

Instructor: Claudia Olson

FREDERICK COUNTY
Department
of Aging